

"Uncommon Sense" from The Proverbs—About Self-Control

Sunday Evening, October 18, 2026 – WOCC – Rich Howell

EVENING DEVOTION: "A CITY WITHOUT WALLS"—Proverbs about Self-Control

The past two Sunday evenings we considered the importance of keeping our hearts and holding our tongues. Meanwhile, a few weeks back, on Sunday mornings, we talked about the "walls of separation" that should exist between us and the ways of the world. These topics all converge in this evening's message about self-control.

1) EXAMINING OUR KEY VERSE, Proverbs 25:28—"A man without self-control is like a city broken into and left without walls."

- ❖ *In other words, there are no boundaries, no limits, no check-points, no _____ to _____ anything from coming in or from going out!*
- ❖ *It follows that a man WITH self-control is like a walled city, with boundaries, check-points, filters; _____ what _____ in, _____ what _____ out!*

2) TERMS OF SELF-CONTROL

- ❖ *The Hebrew word, MATSAR = self-control, self-_____ - used only once. (From ATSAR = to shut, close, restrain, keep, hold back)*
- ❖ *The Greek word, EGKRATEIA (ego = I, myself + kratos = _____ or power) self-control, _____ of one's emotions, impulses or desires (BDAG). Noun (3); Verb (2); Adjective (1)*

3) MORE PROVERBS ABOUT SELF-CONTROL:

- ❖ *Self-control starts with _____ your heart (4:23-27; 21:23; 16:17)*
- ❖ *Self-control is _____, not letting it fly (29:11)*
- ❖ *Self-control is _____ your spirit (16:32)*
- ❖ *Self-control is being care_____, not care_____ (14:16)*

4) SELF-CONTROL IN TODAY'S WORLD:

- ❖ *The concept is believed to be outdated and _____.*
- ❖ *_____ is a dirty word (1 Pet 2:11; 1 Thes 4:3-5; 5:22).*
- ❖ *Instead of trying to control or change _____, we instead try to control or change the _____ or the outcomes.*
- ❖ *As Paul explains in 1 Cor 9:24-27, some people are more self-controlled for an _____ prize than Christians are for their _____ prize!*

5) THE TRUTH ABOUT SELF-CONTROL:

- ❖ *We are called to live self-controlled lives (2 Peter 1:5-10; Titus 2:11-12)*
- ❖ *But in and of ourselves, we are _____ to be as controlled as we need to be before God (Mat 26:41; Rom 7:18-25; John 15:5 James 3:7-8),*
- ❖ *So, we need _____ to live self-controlled lives (Gal 5:22-24; Col 3:5; Rom 8:12-13; Phil 4:13)*
- ❖ *You might say, true self-control is _____-control! So, in this "out-of-control" world, are you and I living _____ His _____? (Rom 8:14; Heb 2:8; 2 Tim 3:13-14; Mat 28:18-20; John 10:27-28; James 4:7-10)*